

VETERANS, having difficulty dealing with stress?

Feeling frustrated? Trouble coping?

Try Phone-based Mindfulness Meditation

Join us to learn what it's about!

MINDFULNESS MEDITATION

is an evidenced-based, VA-supported mind-body technique that can help you to better manage the challenges and stressors of everyday life.

Mindfulness Meditation teaches awareness of what's going on around you as well as what's going on inside of you, and acceptance of whatever shows up. It has been effective in treating health conditions such as insomnia, anxiety, high blood pressure, chronic pain and PTSD. Mindfulness Meditation can be practiced sitting down, lying down, stretching, eating, even while walking the dog!

Meditation can be safely used in conjunction with mental health and medical treatments such as prescribed medication or exercise, however, this class is not intended to serve as mental health treatment.

Please discuss the class topic with your provider prior to participating to ensure they are aware and can discuss any physical and/or mental health concerns.

MINDFULNESS MEDITATION CLASSES are currently offered weekly to Veterans. Take any or all classes!

DATES:

- September 25th
- October 2nd and 16th
- November 6th and 20th
- December 4th and 18th
- January 15th

TIME:

11am – 12 noon, Eastern Standard Time (EST)

LOCATION:

This class will be offered via telephone using a toll free number: **1-800-767-1750 with Access Code 54220#**

FACILITATOR:

Lauren St. Hill, MSW, LSW, Health Science Specialist, New Jersey War Related Illness & Injury Study Center (WRIISC) and Department of Mental Health Research and Program Development

NO REGISTRATION REQUIRED.

FOR MORE INFORMATION:

Call Debbie Skeete-Bernard at 1-973-676-1000, extension 2714, or e-mail NJWRIISCEDTEAM@va.gov.

FOR INFORMATION about our other Phone-based Meditation Class on Yoga Sleep (iRest®) email Carolyn Fenno at Carolyn.fenno@va.gov or call her at 650-785-6661.

VETERANS, prior to participating in this or any educational class please discuss the class topic with your providers to ensure they are aware and can discuss any physical and/or mental health concerns. The WRIISC promotes collaboration and communication between Veterans and their providers. If you are experiencing a mental health issue, please do not hesitate to call National Veterans Crisis Line 1-800-273-8255 option 1, confidential crisis chat: <http://www.veteranscrisisline.net> or text: 838255. If a medical emergency occurs, call 911 or go to your nearest emergency room.